

# Restricting Carbohydrates And Seed Oils In Early Life Will Prevent Chronic Disease Later In Life BY JOACHIM

## The Hidden Key to Lifelong Health: Lessons from WWII Rationing

### USER FRIENDLY ONE PAGE SUMMARY OF ARTICLE

Imagine a time when cutting out sugar and vegetable oils wasn't a trendy diet—it was government policy. Joachim Bartoll's 2025 research dives into the UK's WWII food rationing (1942–1953) and uncovers a surprising link: children who grew up during this era faced *36% lower diabetes risk*, *19% fewer cases of hypertension*, and *31% less obesity* decades later. Why? Because their diets were stripped of what Bartoll calls “toxic garbage”: carbohydrates and seed oils.

During the war, sugar, cereals, margarine, and processed snacks were heavily restricted. Even chocolate and biscuits were rationed. Instead, families relied on nutrient-dense animal foods like meat, eggs, and dairy—staples Bartoll argues align with our biology as “obligate hypercarnivores.” Humans, he claims, thrive on animal fats and proteins, producing their own glucose as needed. Carbs and seed oils? They're unnecessary invaders.

Post-rationing, sugar intake skyrocketed by 50–60% in kids, and seed oils crept back into diets. Bartoll blames this shift for today's health crises, pointing to modern preschoolers consuming *220 grams of carbs daily*—far beyond what he deems safe. His message?

**Carbs spike blood sugar, damaging organs and arteries**, while seed oils oxidize, fueling inflammation and heart disease. Together, they're a “toxic load” the body can't handle. Bartoll's take is bold: *Humans need zero carbs*. Our bodies make glucose naturally, and plant-based fats are “chemically incompatible.” He dismisses “calorie counting” as irrelevant—what matters is avoiding “species-inappropriate” foods.

Even “overnutrition” isn't harmful if you're eating animal foods; the body simply discards excess. So, what's the fix? Ditch plants and processed foods. Feed kids meat, eggs, and breastmilk. Bartoll's advice is uncompromising, but his WWII case study is compelling. While mainstream nutrition debates carbs vs. fats, this research urges a radical rethink: maybe our ancestors' wartime plates held the secret to dodging chronic disease all along.

**Your diet today shapes your health tomorrow.** Could cutting carbs and seed oils—especially for kids—be the ultimate prevention? Bartoll's answer is a resounding yes.